

## SRAE 2021 Toolkit – Love Notes Correlation

| SRA Education  | Love Notes 3.0 SRA Content   |
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| <ul style="list-style-type: none"><li>• <b>Sexual Risk Avoidance</b></li></ul>                           | <p><b>Lesson 4 - Attractions and Starting Relationships</b></p> <ul style="list-style-type: none"><li>• 4.1 - Relationship Pyramid</li></ul> <p><b>Lesson 11 - Let's Talk About Sex</b></p> <ul style="list-style-type: none"><li>• 11.3 - Understanding Sexual Regrets</li></ul> <p><b>Lesson 12 - Pregnancy, STIs and HIV</b></p> <ul style="list-style-type: none"><li>• 12.2 - STIs and HIV Are for Real</li></ul> <p><b>Lesson 13 - Through the Eyes of a Child</b></p> <ul style="list-style-type: none"><li>• 13.4 - Child Speak: Brighter Futures</li></ul>  |
| <ul style="list-style-type: none"><li>• <b>How to Refrain from Non-Marital Sexual Activity</b></li></ul> | <p><b>Lesson 2 - Knowing Yourself</b></p> <p><b>Lesson 4 - Attractions and Starting Relationships</b></p> <ul style="list-style-type: none"><li>• 4.1 - Relationship Pyramid</li><li>• 4.2 - The Chemistry of Attraction</li></ul> <p><b>Lesson 5 - Principles of Smart Relationships</b></p> <p><b>Lesson 6 - Is It a Healthy Relationship?</b></p> <ul style="list-style-type: none"><li>• 6.1 - How Can You Tell?</li></ul> <p><b>Lesson 11 - Let's Talk About Sex</b></p> <ul style="list-style-type: none"><li>• 11.1 - Sex and Sliding</li><li>• 11.2 - The Six Parts of Intimacy</li><li>• 11.3 - Understanding Sexual Regrets</li><li>• 11.4 - Are We on the Same Page?</li><li>• 11.6 – Set Your Personal Line</li></ul> <p><b>Lesson 13 - Through the Eyes of a Child</b></p> <ul style="list-style-type: none"><li>• 13.4 - Child Speak: Brighter Futures</li></ul> |
| <ul style="list-style-type: none"><li>• <b>The Benefits Associated with Self-Regulation</b></li></ul>    | <p><b>Lesson 1 - Relationships Today</b></p> <ul style="list-style-type: none"><li>• 1.3 - Choosing Reds or Greens?</li></ul> <p><b>Lesson 3 - My Expectations--My Future</b></p> <ul style="list-style-type: none"><li>• 3.3 - Myself—My Future</li></ul> <p><b>Lesson 4 - Attractions and Starting Relationships</b></p> <ul style="list-style-type: none"><li>• 4.2 - The Chemistry of Attraction</li></ul> <p><b>Lesson 5 - Principles of a Smart Relationship</b></p> <ul style="list-style-type: none"><li>• 5.3 - Seven Questions to Ask</li></ul> <p><b>Lesson 6 - Is It a Healthy Relationship?</b></p> <ul style="list-style-type: none"><li>• 6.3 - Breaking Up</li></ul> <p><b>Lesson 7 - Dangerous Love</b></p> <ul style="list-style-type: none"><li>• 7.3 - Sexual Assault</li><li>• 7.5 - Draw the Line of Respect</li></ul>                                   |

**Lesson 8 - Decide, Don't Slide! The Low Risk Approach to Relationships**

- 8.2 - The Success Sequence
- 8.3 - The Low-Risk Deciding Approach
- 8.5 - Making Decisions

**Lesson 9 - What's Communication Got to Do With It?**

- 9.2 - Angry Brains and The Power of Time Outs
- 9.3 - The Speaker Listener Technique—When Talking Is Difficult

**Lesson 10 - Communication Challenges and More**

- 10.2 - Complain and Raise Issues Effectively
- 10.3 - Hidden Issues: What Pushes Your Button?
- 10.4 - A Problem-Solving Model

**Lesson 11 - Let's Talk about Sex**

- 11.3 - Understanding Sexual Regrets
- 11.4 - Are We on the Same Page?
- 11.5 - Risky Situations for Sex
- 11.6 - Set Your Personal Line

**Lesson 12 - Pregnancy, STIs and HIV**

- 12.1 - Test Your Knowledge About Sex, Pregnancy, and STIs/HIV
- 12.4 - Pressure Situations and Assertiveness Skills
- 12.5 - My Personal Plan

**Lesson 13 - Through the Eyes of a Child**

- 13.4 - Child Speak: Brighter Futures

• **Benefits of Avoiding Non-Marital Sex**

**Lesson 1- Relationships Today**

- 1.2 - Defining a Vision
- 1.2 - Vision Building

**Lesson 3 - My Expectations—My Future**

- 3.3 - Myself - My Future

**Lesson 8 - Decide, Don't Slide! The Low-Risk Approach to Relationships**

- 8.5 - Making Decisions

**Lesson 11 - Let's Talk About Sex**

- 11.3 – Understanding Sexual Regrets
- 11.6 - Set Your Personal Line
- 11.6 - Drawing My Line

**Lesson 12 – Pregnancy, STIs and HIV**

- 10.2 – STIs and HIV are for Real

**Lesson 13 - Through the Eyes of a Child**

- 13.4 – Child Speak: Brighter Futures
- 13.6 - Success Planning

- **Success Sequencing for Poverty Prevention**

**Lesson 1 - Relationships Today**

- 1.2 - Defining a Vision
- 1.2 - Vision Building

**Lesson 3 - My Expectations—My Future**

- 3.3 - Myself - My Future

**Lesson 8 - Decide, Don't Slide! The Low-Risk Approach to Relationships**

- 8.2 - The Success Sequence
- 8.5 - Making Decisions

**Lesson 11 - Let's Talk About Sex**

- 11.6 - Set Your Personal Line
- 11.6 - Drawing My Line

**Lesson 13 - Through the Eyes of a Child**

- 13.6 - Success Planning

- **Healthy Relationships**

**Lesson 1 - Relationships Today**

- 1.1 - Relationships Today
- 1.2 - Defining a Vision (of Relationships)
- 1.3 - Choosing Reds or Greens?

**Lesson 2 - Knowing Yourself**

- 2.1 - Good Relationships Start with You

**Lesson 4 Attractions and Starting Relationships**

- 4.1 - Relationship Pyramid
- 4.2 - The Chemistry of Attraction

**Lesson 5 - Principles of Smart Relationships**

- 5.1 - Smart or Not-So-Smart?
- 5.4 - Seven Questions to Ask

**Lesson 6 - Is it a Healthy Relationship?**

- 6.1 - How Can You Tell?
- 6.3 - Breaking Up

**Lesson 7 - Dangerous Love**

- 7.1 - Early Warnings and Red Flags
- 7.2 - Violence: Why it Happens, What Helps, Signs of Greatest Danger
- 7.4 - Dangerous Love: Impact on Children
- 7.5 - Draw the Line of Respect

**Lesson 8 - Decide, Don't Slide! The Low-Risk Approach to Relationships**

- 8.1 - The High Costs of Sliding
- 8.3 - The Low-Risk Deciding Approach
- 8.5 - Making Decisions

**Lesson 9 - What's Communication Got to Do With It?**

- 9.1 - What's Communication Got to Do with It?

**Lesson 10 - Communication Challenges and More Skills**

- 10.1 - Communication Patterns Learned in Family

**Lesson 11 - Let's Talk about Sex**

- 11.2 - Six Parts of Intimacy
- 11.4 - Are We on the Same Page?
- 11.5 - Set Your Personal Line

**Lesson 12 - Pregnancy, STI and HIV**

- 12.4 - Pressure Situations and Assertiveness Skills
- 12.5 - My Personal Plan

**Lesson 13 - Through the Eyes of a Child**

- 13.1 - Child Looking for Family

• **Goal Setting**

**Lesson 1- Relationships Today**

- 1.2 - Defining a Vision
- 1.2 - Vision Building

**Lesson 3 - My Expectations—My Future**

- 3.3 - Myself - My Future

**Lesson 8 - Decide, Don't Slide! The Low-Risk Approach to Relationships**

- 8.5 - Making Decisions

**Lesson 11 - Let's Talk About Sex**

- 11.6 - Set Your Personal Line
- 11.6 - Drawing My Line

**Lesson 13 - Through the Eyes of a Child**

- 13.6 - Success Planning

• **Resisting Sexual Coercion**

**Lesson 3 - My Expectations—My Future**

- 3.2 - Reasonable or Unreasonable?

**Lesson 7 – Dangerous Love**

- 7.1 - Early Warnings and Red Flags
- 7.5 – Draw the Line of Respect

**Lesson 8 - Decide, Don't Slide! The Low-Risk Approach to Relationships**

- 8.1 - The High Costs of Sliding
- 8.3 – The Low-Risk Deciding Approach

**Lesson 11 - Let's Talk About Sex**

- 11.3 - Understanding Sexual Regrets

• **Dating Violence**

**Lesson 7 - Dangerous Love**

- 7.1 – Early Warnings and Red Flags
- 7.2 – Violence: Why it Happens, What Helps, Signs of Greatest Danger
- 7.3 – Sexual Assault
- 7.4 – Dangerous Love: Impact on Children
- 7.5 - Draw the Line of Respect

**Lesson 9 - What's Communication Got to Do With It?**

- 9.3 - The Speaker Listener Technique—When Talking is Difficult

**Lesson 10 - Communication Challenges and More Skills**

- 10.3 – Hidden Issues: What Pushes Your Button?

**Lesson 12 - Pregnancy, STIs and HIV**

- 12.4 - Pressure Situations and Assertiveness Skills

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| <p><b>L</b></p> <ul style="list-style-type: none"><li>• <b>Other Youth Risk Behaviors Such as Underage Drinking or</b></li></ul> | <p><b>Lesson 12 - Pregnancy, STIs and HIV</b></p> <ul style="list-style-type: none"><li>• 12.3 – Alcohol and Drugs—Increasing the Risks</li></ul>  |
| <ul style="list-style-type: none"><li>• <b>Not Promote, Encourage, or Normalize Teen Sexual Activity</b></li></ul>               | <p><b>Lesson 8 – Decide, Don't Slide! The Low-Risk Approach to Relationships</b></p> <ul style="list-style-type: none"><li>• 8.1 – The High Costs of Sliding</li><li>• 8.2 – The Success Sequence</li></ul> <p><b>Lesson 11 - Let's Talk About Sex</b></p> <ul style="list-style-type: none"><li>• 11.1 - Sex and Sliding</li><li>• 11.2 - Six Parts of Intimacy</li><li>• 11.6 - Set Your Personal Line</li></ul> <p><b>Lesson 12 - Pregnancy, STIs and HIV</b></p> <ul style="list-style-type: none"><li>• 12.1 – Test Your Knowledge About Sex, Pregnancy, and STIs/HIV</li><li>• 12.5 – My Personal Plan</li></ul> |
| <ul style="list-style-type: none"><li>• <b>Program Elements That Impact Abstinence</b></li></ul>                                 | <p><b>Lesson 8 – Decide, Don't Slide! The Low-Risk Approach to Relationships</b></p> <ul style="list-style-type: none"><li>• 8.1 – The High Costs of Sliding</li><li>• 8.2 – The Success Sequence</li></ul> <p><b>Lesson 11 - Let's Talk About Sex</b></p> <ul style="list-style-type: none"><li>• 11.1 - Sex and Sliding</li><li>• 11.2 - Six Parts of Intimacy</li><li>• 11.6 - Set Your Personal Line</li></ul> <p><b>Lesson 12 - Pregnancy, STIs and HIV</b></p> <ul style="list-style-type: none"><li>• 12.1 – Test Your Knowledge About Sex, Pregnancy, and STIs/HIV</li><li>• 12.5 – My Personal Plan</li></ul> |

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## ***SRAE Program Requirements – Love Notes***

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- **Evidence-Based**

Love Notes is the only evidence-based curriculum that the Department of Health and Human Services, Office of Adolescent Health has evaluated that has both reduced the teen pregnancy rate by 46%, increased the number of previously sexually active teens who chose to stop having sex and increased the percentage of teens who had not been sexually active and who chose to remain abstinent, when compared to the control group. (<https://www.dibbleinstitute.org/ebp-current-research/>)

- **Positive Youth Development**

Through Love Notes, youth acquire the skills, behaviors, and attitudes that enable them to learn and grow in self-knowledge, social interaction, and physical and emotional health. Youth understand the relationship between their individual strengths and desires and their future goals, and have the skills to act on that understanding. Youth demonstrate the ability to make informed decisions for themselves. To see how Love Notes correlates with the Positive Youth Development standards visit: <https://www.dibbleinstitute.org/wp-new/wp-content/uploads/2020/04/2020-PYD-LN-SRA.pdf>

- **Healthy Life Skills**

Love Notes is a holistic approach to sexual risk avoidance and sexual risk reduction. It directly addresses the social and emotional sides of sex in every lesson so that young people understand how to protect their hearts as well as their long-term aspirations.

**Lesson 2 - Knowing Yourself**

- 2.2 - Understanding My Personality Style

**Lesson 7 - Dangerous Love**

- 7.5 - Draw The Line of Respect

**Lesson 9 - What's Communication Got to Do With It?**

- 9.3 - The Speaker Listener Technique—When Talking is Difficult

**Lesson 12 - Pregnancy, STIs and HIV**

- 12.4 - Pressure Situations and Assertiveness Skills

- **Address the trauma needs of vulnerable youth\***

Love Notes gives teens tools to understand the impact of their past and future. Using activities to teach how to capitalize on the negative factors in their lives.

**Lesson 1- Relationships Today**

- 1.2 - Defining a Vision
- 1.2 - Vision Building

**Lesson 3 - My Expectations—My Future**

- 3.3 - Myself - My Future

**Lesson 8 - Decide, Don't Slide! The Low-Risk Approach to Relationships**

- 8.5 - Making Decisions

**Lesson 10 – Communication Challenges and More Skills**

- 10.3 - Hidden Issues: What Pushes Your Button?

**Lesson 11 - Let's Talk About Sex**

- 1.6 - Set Your Personal Line

**Lesson 13 - Through the Eyes of a Child**

- 13.6 - Success Planning

\*Additional tools to address the trauma needs of vulnerable youth are available by including parts of the *Mind Matters* program.

- **Risk Factors that are Known to Influence Sexual Activity**

Love Notes builds on a base of medically accurate information relative to HIV/STD/pregnancy with additional skills and knowledge that address personal values, perception of peer sexual activity, activities to connect teens with parents or other trusted adults, refusal skills and skills to avoid unsafe situations.

**Lesson 12 - Pregnancy, STIs and HIV**

- 12.3 – Alcohol and Drugs—Increasing the Risks

- **Empower Participants to Make Healthy Decisions**

Love Notes takes a holistic approach to a Healthy lifestyle by integrating a positive view on self, choices, safety, decisions, and plans life now and in the future.

**Lesson 2 - Knowing Yourself**

- 2.2 - Understanding My Personality Style

**Lesson 3 - My Expectations—My Future**

- 3.2 - Reasonable or Unreasonable?

**Lesson 7 - Dangerous Love**

- 7.5 - Draw The Line of Respect

**Lesson 9 - What's Communication Got to Do With It?**

- 9.3 - The Speaker Listener Technique—When Talking is Difficult

**Lesson 12 - Pregnancy, STIs and HIV**

- 12.4 - Pressure Situations and Assertiveness Skills

- **Provide Tools and Resources to Prevent Pregnancy and STIs**

Love Notes clearly articulates the message and builds skills to motivate youth to avoid STDs and pregnancy. All lessons contain medically accurate information and, uniquely, build motivation by focusing on the needs of children for safe and stable family lives.

**Lesson 4 - Attractions and Starting Relationships**

- 4.1 - Relationship Pyramid

**Lesson 11 - Let's Talk About Sex**

- 11.3 - Understanding Sexual Regrets

**Lesson 12 - Pregnancy, STIs and HIV**

- 12.2 - STDs and HIV Are for Real

**Lesson 13 - Through the Eyes of a Child**

- 13.4 - Child Speak: Brighter Futures

- **Prevent Youth Engagement in Other Risky Behaviors**

Many times, youth engage in other risky behaviors to solve the problems in their life, smoking to self-soothe, high-risk behaviors to deal with depression. Relationship Smarts Plus allows youth to recognize these behaviors as ineffective methods to deal with these issues and provides other healthy alternative.

**Lesson 12 - Pregnancy, STIs and HIV**

- 12.3 – Alcohol and Drugs—Increasing the Risks